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UNITED STATES DEPARTMENT OF AGRICULTURE

Agricultural Research Administration

2 U.S. Bureau of Human Nutrition and Home Economics

(This is the first of a series of four ¹³ recipe releases on beef) to be issued prior to September 15)

ENJOY BEEF--IT'S PLENTIFUL

With more cattle on U. S. farms than ever before, supplies should continue to be generous, and homemakers will have ample opportunity to utilize the various cuts and qualities in family menus.

Now is the time to satisfy your family's appetite for beef. Below are some "quickie" suggestions for summer eating--indoors or out--from the U. S. Bureau of Human Nutrition and Home Economics. They save time, energy, fuel--and are thrifty, too.

WAYS WITH HAMBURGER

Plain Hamburger Patties--Mix lightly 1 pound ground beef with 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 2 to 3 tablespoons minced onion. Shape into 4 or 5 patties. Brown in fry pan in a little hot fat or broil in range broiler; or grill over hot coals. Takes about 5 minutes on each side. Serve on hot toasted buns spread with butter or margarine.

Spreads for Hamburger Buns--Vary hamburgers with different spreads on the buns (or enriched bread slices or split English muffins). Try a spread of softened butter or margarine seasoned with onion or garlic salt, and horseradish or prepared mustard.

Hamburger Broiled on Bun or Bread--Spread seasoned uncooked hamburger on bun which has been spread with butter or margarine, or on bread which has been toasted on the other side. If desired, top with large slice each of onion and tomato, and cover with thin slices of cheese. Broil and serve hot.

(Food editors may obtain 8 x 10 glossy print "Hamburger broiled on toast" from Press Service, Office of Information, U. S. Department of Agriculture, Washington 25, D. C., Negative No. 30626-C)

Hamburger Mixed Grill--Broil hamburger patties with 2 or 3 other foods for the whole meal. Try them with: Halves of tomatoes, onion rings, mushroom caps; with cooked thick slices of potatoes or sweetpotatoes, canned pineapple slices; with bacon, cooked carrot halves, halves of bananas. Brush the foods with melted butter or margarine. Place food in grill or broiler, starting with food that takes longest, so that all are done at the same time.

Topped Hamburger Patties--When almost done, spread cheese topping on hamburger patties and finish broiling. Try for topping: Sharp cheese spread with Worcestershire sauce; or blue cheese blended with softened butter or margarine and Worcestershire sauce.

Or, top cooked patties with a mound of onion rings cooked slowly in fat until clear; with coleslaw; with cheese slices (melted or not); with chili sauce; with grilled slices of pineapple.

Filled Hamburger Patties--Make thin patties. Before cooking, season with salt and place two together with filling between, pinching edges together. For filling use grated cheese seasoned with chili sauce or catsup and thin slices of onion. Broil or grill.

Creamed Hamburger--Brown hamburger in a little fat in a fry pan. Add seasonings, including minced onion, and cook a few minutes longer. Sprinkle a little flour over the meat, stir, and brown. Add milk, a little at a time, until the desired consistency is reached, stirring and cooking slowly. Serve over rice, hot biscuit, toast, boiled or baked potato or sweetpotato.

Barbecued Hamburgers--Before grilling or broiling, brush hamburger patties with a good barbecue sauce. Or, if preparing in a fry pan, brown on both sides, spoon barbecue sauce over patties, cover, and simmer slowly until done.

Mild Barbecue Sauce

2 pounds soup bones	3 whole cloves
1 quart cooked tomatoes	1 green pepper, chopped
1 garlic button, chopped	1 large onion, sliced
1 bay leaf	$\frac{1}{2}$ cup vinegar
1 teaspoon celery seed	1 tablespoon grated horseradish
1 teaspoon sugar	Salt

Crack the soup bones. To the bones add all the ingredients except the vinegar, horseradish, and salt. Cover with water and simmer for about 3 hours. The flavor will be improved if the mixture stands overnight in a cold place. Skim off the fat that rises to the top. Heat the remaining mixture, remove and discard the bones, and strain through a sieve. There should be about 1 quart of liquid and pulp. Add the vinegar, horseradish, and salt to taste. Serve the sauce hot with cooked meat. A few dashes of tabasco sauce or other highly seasoned mixtures give extra "pep" to this barbecue sauce.

BEEF KABOBS (on skewers)

For Picnic, Porch, or Patio--

Cook them outdoors or in. Cut beef steak into $1\frac{1}{2}$ -inch cubes. Alternate cubes on skewers with thin slices of raw or parboiled onion, bacon, firm tomatoes, mushrooms, green peppers. Roll the filled skewers in melted butter or margarine. Broil over an open fire or in range broiler, turning to cook evenly on all sides. Season. It takes about 18 minutes for rare, 25 minutes for well done.

MEAT LOAF

Make it ahead--Serve hot or cold

2 pounds ground beef	1 cup soft bread crumbs
$\frac{1}{2}$ cup chopped onion	1 cup milk or canned or cooked tomatoes
$\frac{1}{4}$ cup chopped celery	1 egg, beaten
$\frac{1}{4}$ cup chopped parsley	1 teaspoon salt
Pepper	

Mix all ingredients together thoroughly. Pack mixture into a loaf pan. Bake at 350° F. (moderate oven) about $1\frac{1}{2}$ hours. Serve hot or cold. 8 to 10 servings.

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The following recipes using beef are suggestions from the Bureau of Human Nutrition and Home Economics.

STUFFED CUBED STEAKS

1 pound of cubed steaks (about 3 steaks)	2 tablespoons fat
1 cup chopped celery and leaves	1 cup soft bread crumbs
1/2 onion, chopped	Salt and pepper to taste
	Little sage, if desired

To prepare the stuffing, cook celery and onion in 1 tablespoon of fat a few minutes, add bread crumbs and seasoning, and mix thoroughly. Put a mound of stuffing on each steak, roll and fasten with skewer or tie in place. Brown the stuffed steaks in the remaining fat, cooking slowly and turning so that they are evenly browned. Cover and finish cooking until tender on top of stove or in 350° F. oven. Takes about 1 hour. Serve with pan drippings.

CHILE CON CARNE

4 tablespoons bacon drippings	2/3 cup minced green pepper
2/3 cup chopped onion	4-5 cups cooked or canned tomatoes
1 clove garlic, sliced	2 bay leaves, crushed
1 pound ground beef	4 teaspoons sugar
4 cups cooked kidney or pinto beans or two No. 303 cans kidney beans	About 2 tablespoons chili powder
	Salt and pepper

Brown onion and garlic in drippings. Add meat and cook slowly a few minutes, stirring occasionally. Add remaining ingredients, season, and simmer until meat is tender and flavors are blended--about an hour. 8 servings.

BRAISED SHORT RIBS

2 to 3 pounds beef short ribs
Salt, pepper, flour
Fat
1 cup water

Cut meat in serving pieces and sprinkle with salt, pepper, and flour. Brown well on all sides in a little hot fat. Add water and cover closely.

Cook in oven at 350° F. (moderate) about 2 hours. Or cook slowly on top of stove. Make gravy with the drippings. 4 servings.

BEEF CROQUETTES

4 tablespoons meat drippings	Salt and pepper
5 tablespoons flour	1 egg
1-1/2 cups milk or thin gravy	1 tablespoon water
3 cups ground cooked beef	Dry sifted bread crumbs
1 tablespoon chopped onion	Fat
1 tablespoon chopped parsley	

Make a thick sauce by combining the drippings and flour, and gradually stirring in the milk or gravy while cooking until smooth. Let the sauce stand until cold. Then add the meat and seasonings. Mold the mixture into croquette shapes. Dip into the egg beaten up with the water, roll in the bread crumbs, and allow to stand for an hour or longer in a cold place to dry the coating.

Brown croquettes in 3 to 4 tablespoons of hot fat in a fry pan, or in deep fat. To fry in deep fat, heat the fat in a deep vessel to 350° F., or until hot enough to brown an inch cube of bread in 40 seconds. Place several croquettes at a time in a frying basket and lower slowly into the hot fat and fry to a golden brown. Remove the croquettes and drain on paper to take up the fat.

BRAISED STEAK AND ONIONS

3/4 to 1 pound beef rump or round, cut 1 inch thick	
Salt, pepper, flour	
Fat	
Water	
1 or 2 large onions, sliced	

Season meat with salt and pepper, and sprinkle with flour. Pound on both sides with the back edge of a large knife or the edge of a heavy saucer to help make meat tender. Cut meat into serving pieces and brown in a little fat in a fry pan. Add water to 1/2-inch depth, cover pan, and cook slowly about 2 hours or until meat is very tender, adding the onions during the last half hour.

To serve, place the steak on a hot platter and cover with the onions. Make gravy with the drippings. 4 servings.

BEEF AND MACARONI SALAD

2 to 3 cups cooked macaroni	1 cup chopped cooked beef
1 tablespoon chopped onion	Salad dressing
1 cup chopped celery and leaves	Salt and pepper to taste

Cut the cold macaroni into small pieces. Mix lightly with the other ingredients. Chill and serve on crisp lettuce, water cress, or endive. 5-6 servings.

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The following recipes using beef are suggested by the Bureau of Human Nutrition and Home Economics. This is the third in a series of four sets of beef recipes to be distributed during July, August and September.

POT ROAST OF BEEF

Select 4 to 5 pounds of beef--chuck, rump, or round. Rub the meat with salt, pepper, and flour, and brown on all sides in a little hot fat in a deep heavy pan with cover.

Slip a low rack under meat to keep it from sticking to pan. Add one-half cup water; cover pan closely. Cook slowly over low heat until done--about 3 hours. Add more water as needed.

Add potatoes, onions, and carrots during the last part of the cooking. Allow about one-half hour for quartered vegetables; about one hour for whole vegetables.

(Food editors may obtain 8 x 10 glossy print "Pot Roast preparation," shows adding water - Negative No. 30617-C, or "Pot Roast preparation," adding vegetables during last hour of cooking, Negative No. 30620-C, from Press Service, Office of Information, U. S. Department of Agriculture, Washington 25, D. C.)

BEEF AND POTATO PUFF

2 tablespoons chopped onion
2 tablespoons chopped parsley
2 tablespoons fat
3 cups ground cooked beef

3 cups mashed potatoes
1 cup gravy or milk
Salt and pepper
3 eggs

Cook the onion and parsley for a few minutes in the fat, then mix thoroughly with the meat, potatoes, and gravy or milk. Season to taste. Add the beaten egg yolks, then fold in the beaten whites. Pile lightly into a greased baking dish and bake at 350° F. (moderate oven) for 1 hour or until set in the center and lightly browned. Serve in the dish, with tomato sauce if desired. 5-6 servings.

STUFFED PEPPERS

Cut off the stem ends of green peppers, and remove the seeds. Boil the pepper shells for about 5 minutes in lightly salted water, and drain. Mix chopped or ground cooked beef with bread crumbs, cooked rice, or mashed potatoes, add melted fat, an onion chopped fine, and moisten with gravy, milk, chili sauce, or catsup. Season to taste with salt and pepper. Stuff the peppers with this mixture, cover with fine bread crumbs, and bake at 350° F. (moderate oven) for 30 minutes, or until the peppers are tender and the crumbs are brown.

RAGOUT OF BEEF

1 pound stewing beef, cut in cubes
Salt, pepper, flour
2 to 3 tablespoons fat
1 small onion, chopped
1/4 cup chopped green pepper
3/4 cup chopped celery
2 tablespoons chopped parsley
Paprika
Hot water

Sprinkle beef with salt, pepper, and flour. Brown well in the fat in a heavy pan. While meat is browning, add the chopped vegetables. Sprinkle with paprika, add hot water to cover. Cover pan. Cook slowly 2 $\frac{1}{2}$ to 3 hours.

If gravy is not thick enough, blend 1 to 2 tablespoons flour with a little cold water and stir into the stew. Cook 3 to 5 minutes. Season to taste with salt and pepper. If additional seasoning is desired, add catsup, chili sauce, or grated horseradish. 4 servings.

SWISS STEAK

For Swiss steak select about 2 pounds of beef from the rump, round, or chuck, or a slice of veal, cut fairly thick. Season the meat with salt and pepper, sprinkle with flour. Pounding helps to make the meat tender. Cut the steak into individual portions and brown in suet or other fat in a heavy fry pan or kettle. Then add canned or sliced tomatoes, or water to cover. Partly cover with a lid and simmer for 2 to 2 $\frac{1}{2}$ hours, or until meat is tender enough to cut with a fork. Serve the gravy over the meat.

With macaroni (as Spanish Steak)--Follow the recipe above using 1 $\frac{1}{2}$ pounds of meat, and a quart of tomatoes as the liquid. Cook 1/2 pound macaroni in boiling, salted water until tender, and drain. Brown 1/2 cup chopped onion and 1 large chopped green pepper in fat. Add the macaroni, onion, and pepper to the tomato gravy, and serve over the meat.

Smothered with onions--If the steak is from the round, rump, or chuck, or if it is a flank steak, follow the recipe for Swiss steak, and add sliced onions during the last half hour of cooking.

If it is a beef porterhouse or sirloin steak, but very lean, brown it on both sides in suet, or other fat; then remove from the pan. Brown sliced onions in the same pan. Put the steak back, cover with the onions, sprinkle with salt and pepper, put a lid on the pan, and cook slowly for about 15 minutes.

(Food editors may obtain 8 x 10 glossy print "Swiss Steak - preparation," Negative No. 20621-C, or "Swiss Steak - ready to serve," Negative No. 46160-B, from Press Service, Office of Information, U. S. Department of Agriculture, Washington 25, D. C.)

BEEFSTEAK PIE

1 pound lean raw beef
Salt
Pepper
Flour
Fat
2 or 3 onions, sliced

2 cups cooked tomatoes
1 cup cooked snap beans
1 cup liquor from beans
Chopped parsley, if available
Pastry

Select lean beef from round, chuck, flank, shank, neck, or brisket. Cut the meat in inch cubes, sprinkle with salt, pepper, and flour and brown in 2 or 3 tablespoons of fat. Add the onions and brown them. Then add the tomatoes and 1 cup of the liquor in which the beans cooked. Simmer 2-1/2 to 3 hours, or until the meat is tender. If the stew needs to be thickened, mix 1 to 2 tablespoons of flour to a smooth paste with an equal quantity of cold water. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season to taste. Add the beans, and also the parsley if available. Put the stew into a shallow pan or baking dish. Top with fluffy mashed potatoes or biscuit dough and brown in the oven.

To make biscuit dough: Sift together 2 cups sifted flour, 3 teaspoons baking powder, 3/4 teaspoons salt. Combine 6 tablespoons fat with the sifted dry ingredients, and add milk or water to make a soft mixture that can be rolled. Roll the dough about 1/2 inch thick to the size of the baking dish, place on top of the meat filling, and bake at 425° F. (hot oven). The crust bakes better if the filling is hot at the start.

(Food editors may obtain 8 x 10 glossy print "Beef Steak Pie - mashed potato crust," Negative No. 75516-B, or "Beef Steak Pie - pastry crust," Negative No. 75517-B, from Press Service, Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

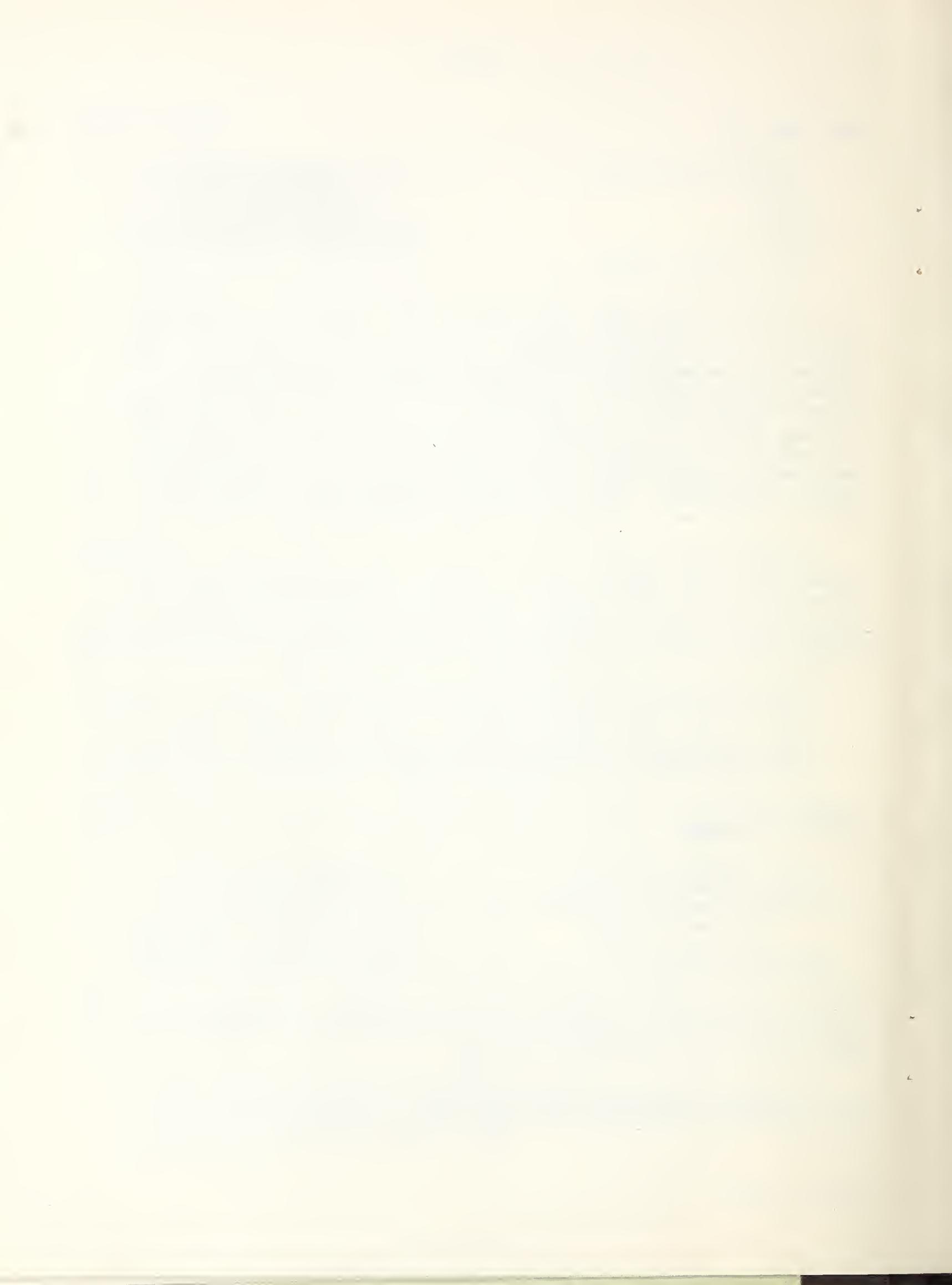
JELLIED MEAT SALAD

3-1/2 teaspoons gelatin
3 tablespoons cold water
1 cup hot broth (from meat)
or canned consomme
1 teaspoon onion juice
Salt to taste

1 tablespoon vinegar or
lemon juice
1 cup chopped cooked beef
1/4 cup cooked or canned peas
2 tablespoons sliced pimiento
2 tablespoons chopped celery

Sprinkle gelatin on water and soak a few minutes. Dissolve in hot broth. Add onion juice, salt, and vinegar or lemon juice. Chill until thick enough to hold solid food in place.

Stir in meat, peas, celery, and pimiento. Pour into small loaf pan or individual molds and chill until firm. 4 servings.



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The following recipes using beef are suggested by the Bureau of Human Nutrition and Home Economics. This is the fourth in a series of beef recipes that have been distributed in recent months by the U. S. Department of Agriculture.

BROWN BEEF STEW

1 pound boneless stewing beef	3 potatoes, diced
Salt and pepper	2 onions, sliced
Flour	3 carrots, diced
Drippings	1 cup green beans
1-1/2 cups water	

Cut meat into inch cubes. Sprinkle with salt and pepper, roll in flour, and brown in drippings. Add water, cover pan, and simmer until almost tender--2 to 3 hours.

Add vegetables, season with salt and pepper, and continue to simmer, covered, until vegetables are done. Stir occasionally. 5-6 servings.

STUFFED FLANK STEAK

Stuffing made with 2 cups crumbs
1 flank steak (about 1-1/2 pounds)
2 tablespoons fat

Spread stuffing over steak. Beginning at one side, roll the meat like a jellyroll. Tie securely in several places with clean string. Brown the meat on all sides in the fat in a heavy pan on top of the stove. Slip a rack under the meat. Cover the pan closely. Cook in oven at 350° F. (moderate) about 1-1/2 hours.

Start carving at the end of the roll and cut across the grain so that each serving is a round slice with stuffing in the center. Make gravy with the drippings. 6 to 8 servings.

(Food editors may obtain 8" x 10" glossy prints as follows:
(1) Stuffing flank steak, Neg. No. 30736-C; (2) Ready-to-serve stuffed flank steak with potatoes, Neg. No. 30733-C.
Available from Press Service, U. S. Department of Agriculture, Washington 25, D. C.)

SOUR BEEF WITH GINGERSNAP GRAVY

Cover 3 to 5 pounds of chuck, rump, or round of beef with equal parts of vinegar and water. Add a few bay leaves, a dozen whole cloves, a teaspoonful of whole black peppers, and a peeled onion. Let the meat stand in the vinegar for 1 to 3 days in a cool place, turning it so that it will pickle evenly. Remove the meat from the liquid and brown in hot fat in a heavy kettle. Then slip a rack under the meat to keep it from sticking to the pot, add 1 cup or less of the pickling liquid or water, cover with a close-fitting lid, and cook slowly for 2 to 2-1/2 hours, or until the meat is tender. Make gingersnap gravy and serve with the meat.

Gingersnap gravy: Blend 2 tablespoons of flour with 2 tablespoons of drippings. Add gradually with constant stirring 1-1/2 cups of cool or lukewarm liquid. Cook slowly until smooth and thickened. Add 2 or 3 gingersnaps broken into small pieces, and stir until smooth; strain the gravy, if desired. Or season the gravy with a little ginger and sugar instead of the gingersnaps.

BROWNED HASH

Mix thoroughly 1 quart of chopped boiled potatoes, 1 pint of chopped cooked beef, 1 finely chopped onion, and seasonings to taste. Or, grind the cooked meat, boiled potatoes, and an onion together in a food chopper, mix thoroughly, and season to taste.

Mold into flat cakes and fry slowly on both sides until crusty. Or, spread the mixture in an even layer in a lightly greased fry pan and cook slowly until a brown crust forms. Then, cover the pan and turn the hash out so the browned side is on top. Slip the hash carefully back into the fry pan with the uncooked side down, and allow this side also to become brown and crusty. Turn out on a plate, garnish with parsley, and serve. 5-6 servings.

BEEF TURN-OVERS

Season chopped cooked meat with onion and celery or parsley, moisten slightly with gravy, broth, tomatoes, or chili sauce. Add salt and pepper to taste. Make a rich biscuit dough. Roll out portions of the dough in rounds about 6 inches in diameter. On each round place some of the meat filling, fold the dough over and pinch the edges together to make turn-overs. Bake until brown at 425° F. (hot oven). 5-6 servings.

To make biscuit dough: Sift together 2 cups sifted flour, 3 teaspoons baking powder, and 3/4 teaspoon salt. Combine 6 tablespoons fat with the sifted dry ingredients, and add milk or water to make a soft mixture that can be rolled.

STEAK STRIPS WITH SOUR CREAM GRAVY

1 pound beef steak, chuck or round
1/4 cup chopped onion
1 teaspoon salt
Pepper
1 tablespoon vegetable shortening or lard

Cut steak into strips about 3 inches long and 1 inch wide. Brown meat with the onions in shortening or lard. Season. Pour gravy over meat, cover and bake at 350° F. (moderate) for 2-1/2 hours or until meat is tender. Serves 4.

To make sour cream gravy: Melt 1 tablespoon butter or margarine, stir in 1 tablespoon flour; then add 2 cups water, 1 teaspoon prepared mustart, dash of Worcestershire sauce, 2 tablespoons sour cream, and 1 tablespoon tomato puree. Boil gently about 5 minutes and pour over meat-onion mixture.

BARBECUE HASH

1/4 cup chopped onion	3 tablespoons catsup
2/3 cup chopped green pepper	3 tablespoons chili sauce
1-1/2 tablespoons shortening or lard	1 tablespoon Worcestershire sauce
2 cups chopped cooked beef	1/8 teaspoon chopped garlic
1-1/2 cups chopped cooked potatoes	1 teaspoon salt
3/4 cup water	1/2 teaspoon chili powder

Saute onion and pepper in shortening or lard until golden brown. Add meat, potatoes, and water. Combine other ingredients with the meat mixture. Place in baking pan and bake at 400° F. (hot) for 70 minutes or until brown. Serves 4.

